

Health Education Standards

Hawaii Content and Performance Standards III

Health Education Topics:

AOD: Alcohol and Other Drug-Free Lifestyle
ATA: Across Topic Areas
HEPA: Healthy Eating and Physical Activity

MEH: Mental and Emotional Health
PHW: Personal Health and Wellness
SHR: Sexual Health and Responsibility

S/VI: Safety/Violence and Unintentional
Injury Prevention
TOB: Tobacco-Free Lifestyle

Standard 1: Core Concepts

Understand concepts related to health promotion and disease prevention

Standard 2: Accessing Information

Access valid health information and health-promoting products and services

Standard 3: Self Management

Practice health-enhancing behaviors and reduce health risks

Standard 4: Analyzing Influences

Understand the influences of culture, family, peers, media, technology, and other factors on health

Standard 5: Interpersonal Communication

Use interpersonal communication skills to enhance health

Standard 6: Decision Making and Goal Setting

Use decision-making and goal-setting skills to enhance health

Standard 7: Advocacy

Advocate for personal, family, and community health

National Health Education Standards

1

C

Concepts

Students will **comprehend** concepts related to health promotion and disease prevention to enhance health.

2

INF

Analyzing
Influences

Students will **analyze** the influence of family, peers, culture, media, technology, and other factors on health behaviors.

3

AI

Accessing
Information

Students will demonstrate the ability to **access** valid information and products and services to enhance health.

4

IC

Interpersonal
Communication

Students will **demonstrate** the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

5

DM

Decision-
Making

Students will **demonstrate** the ability to use decision-making skills to enhance health.

6

GS

Goal-Setting

Students will **demonstrate** the ability to use goal-setting skills to enhance health.

7

SM

Self
Management

Students will **demonstrate** the ability to practice health-enhancing behaviors and avoid or reduce health risks.

8

AV

Advocacy

Students will **demonstrate** the ability to advocate for personal, family, and community health.